

# Varsity, F/S track claim first at NCIC

By AMY BOLDT  
*Sports Editor*

Geneseo boys track and field claimed the championship in the NCIC Indoor Conference Meet last Saturday, March 26 with a final team score of 144, approximately 62 points ahead of the second place team, Dixon.

"The meet went really well," Head Coach Don Fredericks said. "It was a tremendous meet. There were only eight of the 12 NCIC schools there and we got some great early season feedback.

"We are not sure what the outdoor season will look like, but boy, our kids really showed up and fought hard," Fredericks said. "(The meet) was very enjoyable."

The Leafs finished the meet with eight first-place finishes, four second places, two third, four fourths and two fifth places. Senior Byron Stanley took first in the high jump with a final leap of 6-1 while teammate senior Luke Reschke claimed the long jump event with a 20-4 1/4 final mark. Junior Shaun Russell won the triple jump, bounding to a 40-11 jump to take the first-place honors.

On the track for the Leafs, all three relay teams claimed first-place finishes in their respective races. The 3200-meter relay of sophomore Dan Chenoweth, freshman Chance Nordstrom, sophomore Nate Silver and senior Brian Chenoweth crossed the line in eight minutes, 41.79 seconds while the 800-m relay team consisting of seniors Augie Anderson and Cody Leamen, freshman Shane Reschke and Russell

clocked in with a final time of 1:37.59. The 1600-m relay team of S. Reschke, Nordstrom, sophomore Wolfe Repass and L. Reschke also took first with a final time of 3:41.53.

"The relay teams really did a great job," Fredericks said. "The Reschke brothers did a great job in the 1600-m relay and Repass ran an incredible race in the 1600-m."

L. Reschke grabbed another first-place finish in the 400-m dash, crossing the line in 54.16 while B. Chenoweth won the 1600-m run in 4:46.63.

"Our top two guys, Luke Reschke and Shaun Russell are leading the charge for us," Fredericks said. "Reschke had three first-place finishes and Russell two."

"Brian Chenoweth also had a great meet anchoring the relay and in the 1600-m he ran smart and broke away," Fredericks said. "And Dan Chenoweth ran an intelligent race fighting back, both are tremendous additions in the middle and long distances."

The four second-place finishers for the Leafs included Russell in the pole vault with a final vault of 12-6 while Leamen took second in the 55-m dash in 6.87. D. Chenoweth followed with a second-place finish in the 1600-m run in 4:54.97 for Geneseo to claim the top two spots in the event. The final second-place finish went to Russell in the 200-m dash clocking in at 23.96.

"Cody Leamen is running great," Fredericks said. "We thought he would be on a relay team, but now he is challenging for our top sprinter position, he was a pleasant surprise."

In the triple jump, junior Caleb Diericx took

third with a final jump of 38-8 1/2 while Leamen took the final third place finish for the Leafs in the 200-m dash with a final time of 24.19 just behind Russell.

Geneseo also had four athletes claim fourth place in their respective events; junior Justin Heaton in the high jump with a leap of 5-10 followed by Leamen in the long jump with a 19 3/4 mark. L. Reschke took fourth in the 55-m dash in 6.91 and junior Robert Reese in the 800-m run with a final time of 2:15.56.

Others contributing to the victory were junior Joe Paradiso in the shot put with a fifth-place finish with a final heave of 43-9 1/2 and senior Brian Sandoval in the pole vault with a vault of 10-6 for fifth place.

"The future looks very bright and the present is very good, too," Fredericks said. "We are excited about the outdoor season and we are very pleased at this point, but we still have to work hard and we are still learning things."

The freshmen/ sophomore team also had a successful day, claiming a first place victory with a total 123.50 team points.

Sophomore Chris Brooks took second in the shot put with a throw of 46-3 1/2 while sophomores Bren Gillespie and Jesse Gessel tied for first in the high jump, both with a final jump of 5-8. In the long jump, freshman Jacob Kuban claimed first place honors with a 19-4 mark followed by sophomore Andrew Timmerman with a first place finish in the pole vault at 9-0. Freshman Aaron Schilling and sophomore Blake VerStraete took fourth and fifth place in the triple jump for the Leafs; Schilling in fourth with a 34-

2 jump and VerStraete fifth at 33-8 1/2.

On the track, S. Reschke claimed fourth place in the 55-m dash in 7.15 followed closely by Kuban in 7.23 for fifth place. Repass gave the Leafs another first-place finish for the day in the 55-m hurdles, crossing the line in 8.71 followed by freshman Jaran Heaton in third place with a final time of 8.79.

The 3200-m relay consisting of freshman Ryan Kotecki, sophomore Jesse Cross, freshman Jon Fleming and sophomore Tom Blean crossed the finish line in third place with a time of 10:03.71 about three seconds behind the second place team. Geneseo's 800-m relay team finished in second place, clocking in at 1:41.74. The team included Heaton, sophomores Beau Neece and Elliott Kenney and Kuban.

Repass grabbed a third place finish in the 800-m run in 2:20.04 while Nordstrom claimed first in the 400-m dash in 57.19 and freshman Andy Collis third with a time of 58.93. Silver and Blean finished in fourth and fifth place in the 1600-m run for the Leafs; Silver clocking in at 5:13.75 and Blean 5:20.12. Heaton took fifth in the 200-m dash with a final time of 26.01 while the 1600-m relay team of Collis, Kuban, D. Chenoweth and Silver crossed the finish line in 3:52.12 to take the first-place honors.

"Our goal is to keep improving every meet to work towards our goal," Fredericks said. "And our seniors are doing a great job of leading by example."

The Leafs will be in action at 4:30 p.m. Tuesday, April 5 when the team hosts Alleman in its first home meet of the season.

### Leafs Capture NCIC Indoor Titles

On Saturday the Leafs captured the NCIC Indoor Championship at Westwood Sports Complex in Sterling. Leading the way at the Varsity level were the following gold medal winners:

**Augie Anderson** (800 Meter Relay); **Dan Chenoweth** (3200 Meter Relay); **Brian Chenoweth** (1600 Meter Run & 3200 Meter Relay); **Cody Leamen** (800 Meter Relay); **Chance Nordstrom** (1600 Meter Relay & 3200 Meter Relay); **Wolf Repass** (1600 Meter Relay); **Luke Reschke** (Long Jump, 400 Meter Dash, 1600 Meter Relay); **Shane Reschke** (800 Meter Relay & 1600 Meter Relay); **Shaun Russell** (Triple Jump, 800 Meter Relay); **Nate Silver** (3200 Meter Relay); **Byron Stanley** (High Jump)

The Frosh-Soph Squad also captured the first place team title. Leading the way were the following first place finishers:

**Dan Chenoweth** (1600 Meter Relay); **Andy Collis** (1600 Meter Relay); **Jesse Gessel** (High Jump); **Bren Gillespie** (High Jump); **Jacob Kuban** (Long Jump & 1600 Meter Relay); **Chance Nordstrom** (400 Meter Dash); **Wolf Repass** (55 Intermediate Hurdles); **Nate Silver** (1600 Meter Relay); **Andrew Timmerman** (Pole Vault)

### Results



## NCIC (Indoor): Varsity Results

Varsity Results	
<b>Host Site:</b> Westwood Sports Complex in Sterling	
<b>Date:</b> 3/26/05	
<b>Scoring:</b> Individual: 10-8-6-4-2-1; Relays: 10-8-6-4-2-1	
<b>Results System:</b> FAT	
<b>Team Scores:</b> 1.) Geneseo 144; 2.) Dixon 81.50; 3.) Princeton 78; 4.) Sterling 51.50; 5.) Kewanee 26; 6.) Rochelle 23; 7.) Streator 14; 8.) LaSalle-Peru 12	
<b>Discus:</b> not contested	
<i>Additional Geneseo Athletes:</i> none	
<b>High Jump:</b> 1.) Byron Stanley (Geneseo) 6' 01"; 2.) Sam Loveland (L-P) 6' 00"; 3.) Jim Wohrley (Dixon) 5' 10"; 4.) Justin Heaton (Geneseo) 5' 10"; 5.) Bryce Arnold (Princeton) 5' 10"; 6.) Vince Guerrero (Rochelle) 5' 04"	
<i>Additional Geneseo Athletes:</i> none	
<b>Long Jump:</b> 1.) Luke Reschke (Geneseo) 20' 04 1/4"; 2.) Alastair Moton (Streator) 20' 02 3/4"; 3.) Alex Hartz (Princeton) 19' 08"; 4.) Cody Leamen (Geneseo) 19' 00 3/4"; 5.) George Smith (Princeton) 18' 06"; 6.) Mitch Dreska (Rochelle) 18' 01 3/4"	
<i>Additional Geneseo Athletes:</i> none	
<b>Pole Vault:</b> 1.) Scott Howard (Princeton) 13' 06"; 2.) Shaun Russell (Geneseo) 12' 06"; 3.) Tommy Vandusen (Kewanee) 11' 00"; 4.) Joe Schneiderbauer (Sterling) 10' 06"; 5.) Brian Sandoval (Geneseo) 10' 06"; 6.) Matt Welch (Kewanee) 10' 06"	
<i>Additional Geneseo Athletes:</i> none	
<b>Shot Put:</b> 1.) Joe Doddroe (Kewanee) 50' 02"; 2.) Ben Brooks (Dixon) 49' 11"; 3.) Colin Fane (Sterling) 49' 00"; 4.) Andrew Burnell (Dixon) 46' 09"; 5.) Joe Paradiso (Geneseo) 43' 09 1/2"; 6.) Chris Losoya (Rochelle) 43' 09 1/4"	
<i>Additional Geneseo Athletes:</i> Andrew Hull 39' 10"	
<b>Triple Jump:</b> 1.) Shaun Russell (Geneseo) 40' 11"; 2.) Joe Schneiderbauer (Sterling) 39' 03 1/2"; 3.) Caleb Diericx (Geneseo) 38' 08 1/2"; 4.) David Rodriguez (Rochelle) 38' 02 1/4"; 5.) Adam Hartz (Princeton) 38' 00 3/4"; 6.) Jim Wohrley (Dixon) 37' 08"	
<i>Additional Geneseo Athletes:</i> none	
<b>55 Meter High Hurdles:</b> 1.) Richard Johnson (Dixon) 7.85; 2.) Jeff Scoma (Princeton) 7.93; 3.) Trevor Clifton (Sterling) 8.36; 4.) Sam Loveland (L-P) 8.53; 5.) Jordan Inskeep (Princeton) 8.54; 6.) Jim Wohrley (Dixon) 9.32	
<i>Additional Geneseo Athletes:</i> Eric Darwin 9.51; Caleb Diericx 9.69	
<b>55 Meter Dash:</b> 1.) Evan Holschbach (Princeton) 6.71; 2.) Cody Leamen (Geneseo) 6.87; 3.) Richard Johnson (Dixon) 6.89; 4.) Luke Reschke (Geneseo) 6.91; 5T.) Jerrad Clark (Streator) 6.92; 5T.) Cory Renner (Sterling) 6.92	
<i>Additional Geneseo Athletes:</i> none	

**3200 Meter Relay:** 1.) Geneseo (Dan Chenoweth, Chance Nordstrom, Nate Silver, Brian Chenoweth) 8:41.79; 2.) Dixon (Christian Clark, Chris Moss, John Davenport, Justin Jones) 8:4.50; 3.) Princeton (no names listed) 9:00.23; 4.) Rochelle (no names listed) 9:56.40; 5.) none; 6.) none

*Geneseo Splits:* Dan Chenoweth 2:09.87 (63); Chance Nordstrom 2:12.22 (65); Nate Silver 2:13.59 (67); Brian Chenoweth 2:05.79 (62)

**800 Meter Relay:** 1.) Geneseo (Augie Anderson, Cody Leamen, Shane Reschke, Shaun Russell) 1:37.59; 2.) Princeton (no names listed) 1:43.18; 3.) Rochelle (no names listed) 1:43.48; 4.) Kewanee (no names listed) 1:44.27; 5.) Dixon (John Baker, Aric Gosch, Jeff Zacharias, Jeremy Lawson) 1:48.47; 6.) none

*Geneseo Splits:* Augie Anderson 25.18; Cody Leamen 24.61; Shane Reschke 23.90; Shaun Russell 23.71

**800 Meter Run:** 1.) Tim Bentz (Dixon) 2:02.32; 2.) Sam Megli (Sterling) 2:03.40; 3.) Justin Jones (Dixon) 2:10.85; 4.) Robert Reese (Geneseo) 2:15.56; 5.) Phil Rodriguez (Streator) 2:20.06; 6.) David Rodriguez (Rochelle) 2:21.08

*Additional Geneseo Athletes & Splits:* Robert Reese (66); Corey Hopkey 2:25.50 (70)

**400 Meter Dash:** 1.) Luke Reschke (Geneseo) 54.16; 2.) Jarad Jagers (Princeton) 55.67; 3.) Trevor Clifton (Sterling) 56.60; 4.) Chris Moss (Dixon) 56.75; 5.) Mitch Dreska (Rochelle) 57.37; 6.) John Davenport (Dixon) 57.53

*Additional Geneseo Athletes:* Eric Darwin 57.54

**1600 Meter Run:** 1.) Brian Chenoweth (Geneseo) 4:46.63; 2.) Dan Chenoweth (Geneseo) 4:54.97; 3.) Christian Clark (Dixon) 4:59.18; 4.) Colt Smith (Kewanee) 5:00.97; 5.) Tim Bentz (Dixon) 5:06.94; 6.) Walter Bustamante (Rochelle) 5:07.84

*Geneseo Splits:* Brian Chenoweth: 73-2:26-3:40; Dan Chenoweth 74-2:28-3:45

**200 Meter Dash:** 1.) Evan Holschbach (Princeton) 23.81; 2.) Shaun Russell (Geneseo) 23.96; 3.) Cody Leamen (Geneseo) 24.19; Victor Dawson (Sterling) 24.22; 5.) Alastair Moton (Streator) 24.26; 6T.) Richard Johnson (Dixon) 24.27; 6T.) Jerrad Clark (Streator) 24.27

*Additional Geneseo Athletes:* none

**1600 Meter Relay:** 1.) Geneseo (Shane Reschke, Chance Nordstrom, Wolf Repass, Luke Reschke) 3:41.53; 2.) Sterling (no names listed) 3:41.71; 3.) Dixon (no names listed) 3:42.89; 4.) Princeton (no names listed) 3:48.52; 5.) Rochelle (no names listed) 4:00.21; 6.) Kewanee (Jose Sanchez, Hector Lozano, Javier Ocampo, Donny Salisbury) 4:22.76

*Geneseo Splits:* Shane Reschke 56.29; Chance Nordstrom 55.69; Wolf Repass 55.47; Luke Reschke 53.67

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## NCIC (Indoor): Frosh-Soph Results

<p align="center"><b>Frosh-Soph Results</b></p> <p><b>Host Site:</b> Westwood Sports Complex in Sterling</p> <p><b>Date:</b> 3/26/05</p> <p><b>Scoring:</b> Individual: 10-8-6-4-2-1; Relays: 10-8-6-4-2-1</p> <p><b>Results System:</b> FAT</p> <p><b>Team Scores:</b> 1.) Geneseo 123.50; 2.) Dixon 67; 3.) Sterling 64.5; 4.) Princeton 64; 5.) Rochelle 63; 6.) LaSalle-Peru 21; 7.) Streator 15; 8.) Kewanee 13</p> <p><b>Discus:</b> not contested</p> <p><i>Additional Geneseo Athletes:</i> none</p> <p><b>High Jump:</b> 1T.) Bren Gillespie (Geneseo) 5' 08"; 1T.) Jesse Gessel (Geneseo) 5' 08"; 3.) Marcus Peters (Rochelle) 5' 08"; 4.) Bryce Lumzy (Dixon) 5' 04"; 5.) Andrew Marshall (Streator) 5' 02"; 6.) Jake Albers (Rochelle) 5' 02"</p> <p><i>Additional Geneseo Athletes:</i> none</p> <p><b>Long Jump:</b> 1.) Jacob Kuban (Geneseo) 19' 04"; 2.) Adam Hartz (Princeton) 18' 08 1/2"; 3.) Neil Goskusky (L-P) 18' 05 1/4"; 4.) Ben Hamby (Kewanee) 18' 04 1/4"; 5.) A.J. Enno (Streator) 17' 09 1/4"; 6.) Evan Hackbarth (Dixon) 16' 11 1/2"</p> <p><i>Additional Geneseo Athletes:</i> Blake Verstraete 16' 03 1/2"</p> <p><b>Pole Vault:</b> 1.) Andrew Timmerman (Geneseo) 9' 00"; 2.) Tim Gaumer (Sterling) 9' 00"; 3.) Eric Chalus (Rochelle) 9' 00"; 4.) Zach Martin (Rochelle) 8' 06"; 5.) Jesse Strakis (Princeton) 8' 00"; 6.) Tyler Taylor (Princeton) 8' 00"</p> <p><i>Additional Geneseo Athletes:</i> Jaran Heaton 8' 00"</p> <p><b>Shot Put:</b> 1.) Peyton Lumzy (Dixon) 47' 03 1/4"; 2.) Chris Brooks (Geneseo) 46' 03 1/2"; 3.) Dan Freed (Sterling) 40' 10 1/2"; 4.) Fred Moore (Sterling) 40' 10 1/4"; 5.) Mike Ridgeway (Dixon) 40' 08"; 6.) Joey Johnson (Rochelle) 38' 08"</p> <p><i>Additional Geneseo Athletes:</i> Marty Talbot 32' 09"</p> <p><b>Triple Jump:</b> 1.) Evan Hackbarth (Dixon) 36' 05"; 2.) Eric Donner (Princeton) 35' 06 1/2"; 3.) Tim Gaumer (Sterling) 34' 07 1/4"; 4.) Aaron Schilling (Geneseo) 34' 02"; 5.) Blake Verstraete (Geneseo) 33' 08 1/2"; 6.) Seth Desplinter (Kewanee) 33' 06 1/2"</p> <p><i>Additional Geneseo Athletes:</i> none</p> <p><b>55 Meter Intermediate Hurdles:</b> 1.) Wolf Repass (Geneseo) 8.71; 2.) Evan Hackbarth (Dixon) 8.78; 3.) Jaran Heaton (Geneseo) 8.79; 4.) Tim Gaumer (Sterling) 8.95; 5.) Trent Butler (Rochelle) 9.39; 6.) Eric Lang (Rochelle) 9.41</p> <p><i>Additional Geneseo Athletes:</i> none</p> <p><b>55 Meter Dash:</b> 1.) Neil Goskusky (L-P) 7.10; 2.) Mike Ridgeway (Dixon) 7.11; 3.) Jeremy Szafranski (Streator) 7.14; 4.) Shane Reschke (Geneseo) 7.15; 5T.) Jacob Kuban (Geneseo) 7.23; 5T.) Aaron Johnson (Sterling) 7.23</p>	
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*Additional Geneseo Athletes:* none

**3200 Meter Relay:** 1.) Rochelle (no names listed) 9:09.60; 2.) Princeton (no names listed) 10:00.54; 3.) Geneseo (Ryan Kotecki, Jesse Cross, Jon Fleming, Tom Blean) 10:03.71; 4.) Dixon (Pat Clark, Nick Berardi, Ben Dempsey, Joe Spagnolia) 10:04.19; 5.) none; 6.) none

*Geneseo Splits:* Ryan Kotecki 2:31.78 (68); Jesse Cross 2:33.46 (70); Jon Fleming 2:29.72 (74); Tom Blean 2:27.48 (72)

**800 Meter Relay:** 1.) Sterling (no names listed) 1:39.64; 2.) Geneseo (Jaran Heaton, Beau Neece, Elliott Kenney, Jacob Kuban) 1:41.74; 3.) Princeton (no names listed) 1:45.45; 4.) LaSalle-Peru (Justin Bentley, Neil Goskusky, Jim Moriarty, Brian Turchi) 1:46.01; 5.) Dixon (Mike Ridgeway, Cody Lahey, Alex Wakely, Dennis Muhammad) 1:47.23; 6.) Streator (Jeremy Szafranski, Andrew Marshall, Nick Oleson, Drew Richardson) 1:48.23

*Geneseo Splits:* Jaran Heaton 25.69; Beau Neece 25.82; Elliott Kenney 25.05; Jacob Kuban 24.66

**800 Meter Run:** 1.) Marcus Peters (Rochelle) 2:17.30; 2.) Colin Mickow (Princeton) 2:17.99; 3.) Wolf Repass (Geneseo) 2:20.04; 4.) Jared McCaffery (Rochelle) 2:24.39; 5.) Tom Salata (Streator) 2:27.18; 6.) Tracy Ford (L-P) 2:27.55

*Additional Geneseo Athletes& Splits:* Wolf Repass (70); Erik Kowitz 2:28.97 (73)

**400 Meter Dash:** 1.) Chance Nordstrom (Geneseo) 57.19; 2.) Saul Capilla (Dixon) 57.47; 3T.) Andy Collis (Geneseo) 58.93; 3T.) Matt Holland (Princeton) 58.93; 5.) Ben Hamby (Kewanee) 59.32; 6.) Andrew Marshall (Streator) 59.52

*Additional Geneseo Athletes:* none

**1600 Meter Run:** 1.) Marcus Peters (Rochelle) 4:59.80; 2.) Tim Noll (Sterling) 5:02.21; 3.) Colin Micow (Princeton) 5:02.45; 4.) Kevin Cech (Rochelle) 5:10.07; 5.) Nate Silver (Geneseo) 5:13.75; 6.) Tom Blean (Geneseo) 5:20.12

*Geneseo Splits:* Nate Silver 77-2:37-3:58; Tom Blean 77-2:39-4:00

**200 Meter Dash:** 1.) Aaron Johnson (Sterling) 25.09; 2.) Mike Ridgeway (Dixon) 25.44; 3.) Brendan Burgess (Kewanee) 25.60; 4.) Adam Hartz (Princeton) 25.98; 5.) Jaran Heaton (Geneseo) 26.01; 6.) David Gomezalez (Sterling) 26.14

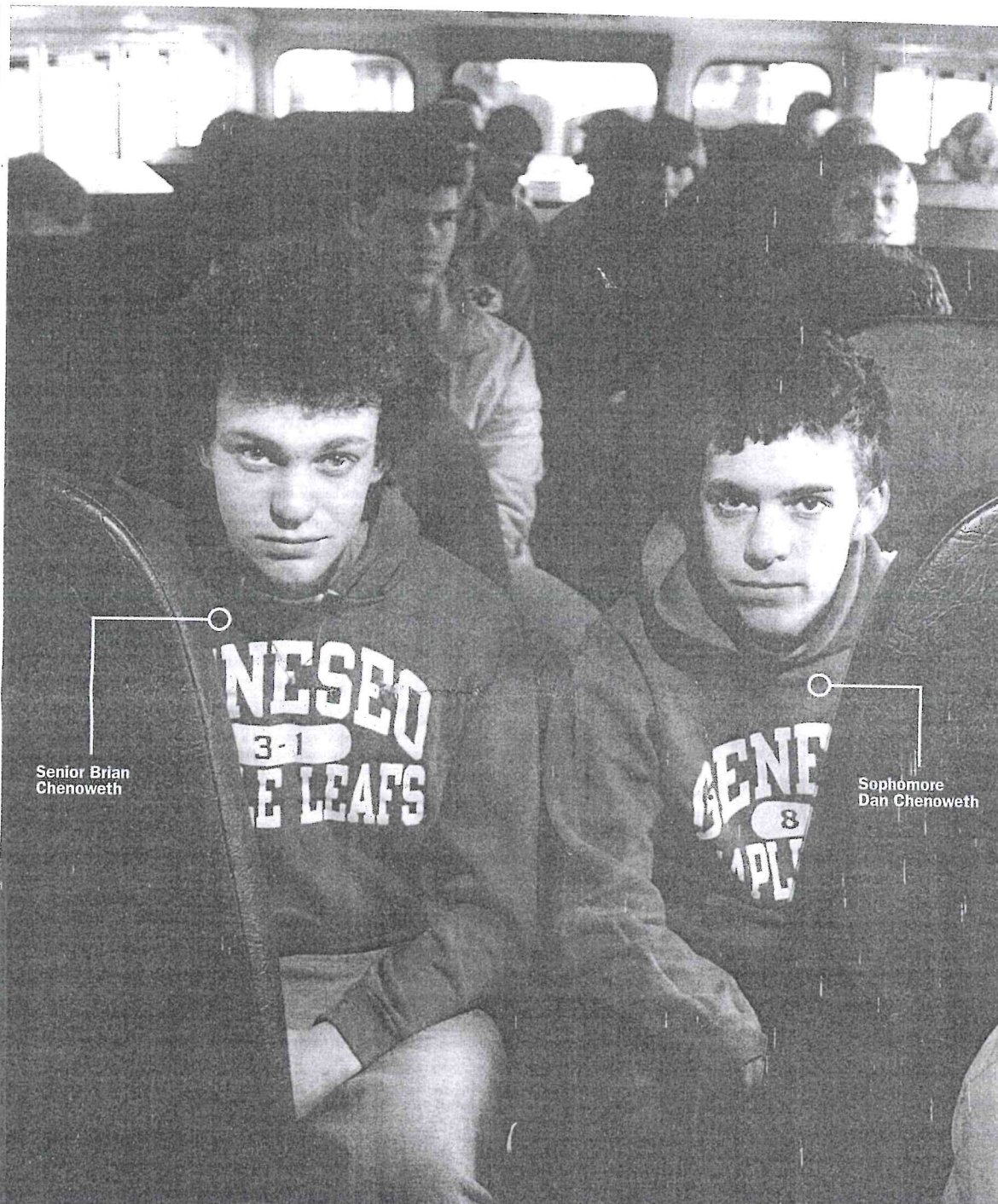
*Additional Geneseo Athletes:* Elliott Kenney 26.15

**1600 Meter Relay:** 1.) Geneseo (Andy Collis, Jacob Kuban, Dan Chenoweth, Nate Silver) 3:52.12; 2.) Princeton (no names listed) 4:01.45; 3.) Sterling (no names listed) 4:01.90; 4.) Rochelle (no names listed) 4:02.57; 5.) Dixon (no Saul Capilla, Devin Nicklaus, Alex Wakely, Joe Spagnolia) 4:02.58; 6.) Streator (Jose Sanchez, Steve Russow, Drew Richardson, Nick Lanz) 4:18.48

*Geneseo Splits:* Andy Collis 58.70; Jacob Kuban 58.32; Dan Chenoweth 57.68; Nate Silver 56.90

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Senior Brian  
Chenoweth

Sophomore  
Dan Chenoweth

# Welcome additions

By Sean Moeller | QUAD-CITY TIMES

As he does every Sunday, Geneseo boys track and cross country coach Don Fredericks went to service at the Evangelical Free Church early last summer. And that one Sunday in particular just might have reaffirmed his faith in prayers being answered.

Fredericks' home church had a new senior pastor, and that pastor, Greg Chenoweth, had two exceptionally gifted

New to Geneseo, all-state runners from Cedar Falls, Iowa, are latest transfers to brighten outlook for a Q-C area program

distance-running sons. Brian was a senior-to-be, and Dan would be a sophomore. But Fredericks learned that the brothers had bargained with their parents to stay in Cedar Falls, Iowa, for the fall semester and the cross country season.

"We actually found out we were moving here a year ago this March. Our parents moved here in June, and we spent the summer here," Brian Chenoweth

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Derek Anderson/QUAD-CITY TIMES

"This is a wonderful, wonderful opportunity for Geneseo. We're not taking it lightly."

DON FREDERICKS, Geneseo boys track and cross country coach, on Brian and Dan Chenoweth



# TRANSFERS

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said. "But we thought we had a chance at the state title, and we convinced our parents of that. We were pretty happy with the results."

The Chenoweth boys made good on their premonition, helping the Tigers to the Iowa Class 4A state title over powerhouses Des Moines Roosevelt and Iowa City High. They did not lose to a single team the entire season. On a day marred by a severe wind advisory, both earned all-state honors — finishing eighth and 10th individually — as Cedar Falls won by 19 points.

Around Christmas, they moved to Illinois for good to be with their family, which includes two younger siblings. The runners had fallen into the lap of Fredericks, ready to finish the school year and their careers as Maple Leafs. And it all happened when the Geneseo distance program needed a shot in the arm.

Last fall, for the first time since 1979, Geneseo failed to qualify for the sectional cross country meet. Despite a great group of kids, a strong senior leader in Nathan Schlindwein and a solid work ethic, the Maple Leafs were lacking that imbedded burning desire to be better than good. They got that boost from the Chenoweths.

"To be honest, I didn't think

we'd see them. I certainly didn't think we'd see Brian here," Fredericks admitted. "We're very blessed to have them here in Geneseo. Their arrival comes at a fortunate time for us. These two boys move in with this tremendous work ethic. They got here, and they were running after school every day. That's the background these guys come from. They just want to put in the miles. They know there's no shortcut to success. And the group has just kept building. We haven't had a group this excited in a long time.

"This is a wonderful, wonderful opportunity for Geneseo. We're not taking it lightly."

For many area coaches, the pleasant surprise of a talented transfer typically offsets a greater number of athletes who

move out of the area or leave the program. But when a job transfer or familial circumstance brings a ringer into the school, coaches and existing team members are forced to change their habits. Goals are rearranged, excitement is heightened and effort intensifies.

Before the 2003-04 swim season, James and Alex Dragon joined their family in a move from the suburbs of Chicago and New Trier High School to Muscatine, Iowa, thanks to their lawyer father taking a new position. They immediately helped revamp a program that was used to periods of greatness — in the

'80s and late '90s — but still was trying to put in place a year-round training program to rival Quad-City metro schools.

The senior, James, won state titles last month in Marshalltown in the 200-yard individual medley and the 100 butterfly after earning Illinois all-state accolades his sophomore year in the IM. Muskies coach Judd Anderson said the Dragons brought a different intensity to the team and helped implement a much more rigorous workout regime.

"The biggest change was that we all had to step up. We had to increase the intensity of the practices. With a talent like James, you want to make sure you allow him to do what he wants to do with his athletic successes," Anderson said. "Before they came, our team was swimming somewhere in the neighborhood of 4,500-to-5,000 yards a day. Since they got here, we've been maxing out at 5,500-to-6,000 a day. I'm not sure the guys liked that. They certainly were more comfortable in the past."

Anderson said the increased workload likely would lead to earlier breakouts for sophomore Max Dittmer and junior Will Danay.

"It was a good deal from our standpoint. Will and Max may not have done the things they did this year without them here," he said. "They brought a realization on the part of some of the other guys that maybe they can do this same kind of thing if they just

work a little harder. Muscatine, I always say, is kind of the hinterland, the out-parcels of competitive swimming. There's nothing to really follow. Our hope is that we can spread this to other kids in Muscatine."

Bettendorf wrestling coach Dan Drexler said the same sort of thing happened when Billy Lewis moved back into the Bettendorf program after spending a couple of years in Gurnee, Ill. Lewis was an immediate force on eastern Iowa mats and showed even more at the state meet in Des Moines three weeks ago, finishing as the runner-up at 152 pounds. He lost a 6-4 decision to Lewis Central's Mike Stamp in overtime, and he made the Bulldog wrestling room a tougher place to work.

"I think it adds a bit of the unknown to the room. Just the whole idea of how somebody who isn't traditionally in your room is now there — it's an exciting thing," Drexler said. "You hate to see teammates slugging it out, but it does make for more competition during the season. It's nice having a guy waiting around for a spot who will do anything to get it."

"I don't think I raised the bar when he came into the room, but we knew the possibilities were greater."

If Davenport Central senior Blake Schlotzhauer, a distance-running move-in from Las Vegas, had been around last spring, the



Blue Devils might have been able to pull a top-three state performance to go along with their first Mississippi Athletic Conference outdoor title in years.

They already had the state runner-up in the 400-meter dash, current Northern Iowa speedster Terrance Reid, and the third-place finisher in the 110 high hurdles, Dennis Hammel. Schlotzhauer, a two-time all-state runner in Nevada who moved in with his grandparents this past summer, finished third in the Class 4A cross country meet and already has run an indoor 3,200 time that would have placed him third at last spring's Iowa state meet.

"I don't even think about (last year). My mind's full of how to play him for this year, how to keep him healthy and how to keep everybody working together," Central coach Randy Peters said. "I'm playing it kind of soft right now. I haven't sat the team down and said, 'Hey guys, we can really do something,' because the team's not really established yet. But in the backs of guys' minds, I think it's there."

Anderson said the allure of having instant standouts on the roster doesn't always breed a bigger drawing power to the sport. The Muskies' team size was up this year — from 30 to 37 swimmers — but he's found it more likely to have just the opposite effect.

"Typically, guys like James,

who have been really good, haven't brought new guys into the program. We had nine seniors graduate last year, and none of the nine had any competitive swimming experience when they came into high school," he said. "They might have looked at those times James was swimming and said, 'I can never compete with him. I'm not even going to try that.' I'm not sure what the reason for our numbers was. I don't know what the attraction was."

The implants might have a tough time adjusting to their new schools and teams. Missing their old home is common. Fredericks said that he's asked Brian Chenoweth if Geneseo is beginning to feel like home.

"He just tells me, 'Whenever I feel like that, I just take a trip back to Cedar Falls.' And I can understand that," he said.

Chenoweth said: "It's not a town I really enjoy right now. It's not my hometown. I know the old faces in Iowa. I know (Roosevelt runners) Kiel Uhl and Jon Thomas. I know the City Highs and Pleasant Valleys. I've heard of York (High School). I hear they're pretty incredible. It's kind of like a freshman year for me."

But for Fredericks and his new school, it's like a jackpot.

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